

## **APPENDIX B. RECREATION AND WELLNESS CENTER GUIDELINES**

### ***Gymnasium***

#### **Concept**

The gymnasium will be designed to accommodate a variety of sports programs and activities. The primary uses include:

- Cardiovascular training
- Weight training
- Indoor court sports

Entrance to the gymnasium will be via a secured reception desk. Visitors will be required to scan their electronic membership cards for entry.

The gymnasium will host team sports, such as basketball, volleyball, soccer, quad rugby, floor hockey and goal ball. The addition of spectator seating, score clocks and a sound system will allow the gym to be utilized for tournaments.

#### **Function**

The cardiovascular training room will have state-of-the-art accessible equipment:

- Exercise bikes
- Treadmills
- Power trainers
- Cross trainers
- Nordic tracks
- Parallel bars

The weight room will include standard weight training equipment as well as Cybex, Versa trainer and standing frames

for members and guests with physical disabilities.

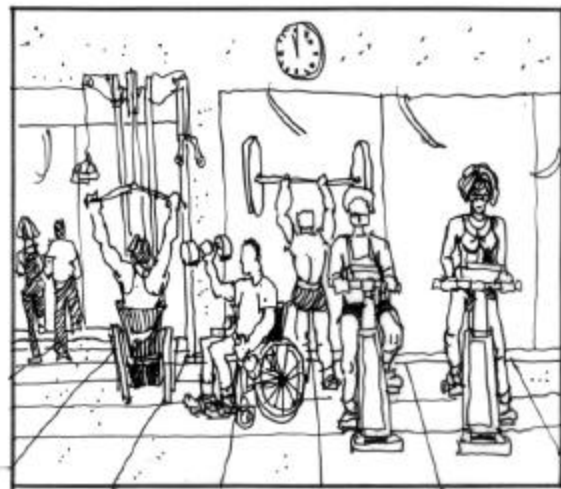
***The gymnasium will accommodate up to 100 people per hour.***

#### **Description**

- Cardiovascular exercise and training room
- Weight room
- Six indoor basketball courts
- Storage space

#### **Adjacencies**

- Parking
- Men's, women's and family locker rooms
- Swimming pools
- Auxiliary areas



## **Swimming Pools**

### **Concept**

The sports center swimming pools will include all the necessary features to offer a wide array of aquatic programs--from adapted competitive swim training to water exercise and family fun.

The pool facility will include:

- Nine-to-twelve-foot deep warm water multi-purpose pool
- Four-foot deep warm water teaching pool
- Therapeutic spa
- Recreation pool with a water play element

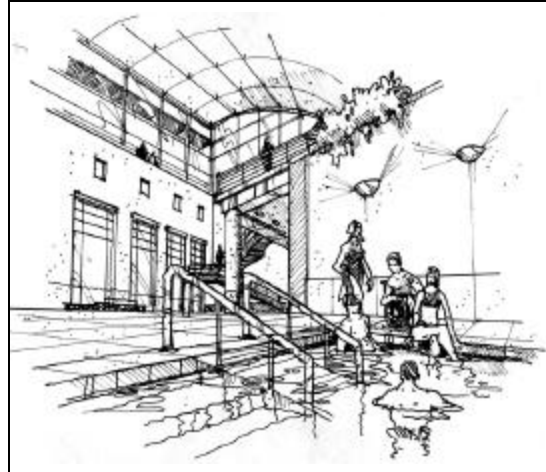
### **Function**

The warm water pools will enable the facility and staff to serve diverse therapeutic needs. The pools will be multi-purpose. The pool area will provide spectators with a special point of entry to the pool decks for viewing competitions. All pools will be accessible via zero depth entry, ramp, stairs or lift. There will also be a deck available for parties adjacent to the pool area.

***The swimming pools will accommodate up to 50 people per hour.***

### **Adjacencies**

- Parking
- Gymnasium
- Men's, women's and family locker rooms
- Auxiliary areas



## **Multi-Purpose Rooms**

### **Concept**

Two multi-purpose rooms will provide a variety of meeting spaces for use by the community, city departments and local businesses. The multi-purpose rooms will provide program space for larger programs, such as performances and movement classes.

### **Function**

Flexibility will be incorporated into the space through the use of moveable walls. This will allow programs, training sessions, conferences and meetings of many sizes to take place within the spaces easily. An electronic multi-media presentation system will also be incorporated into the rooms.

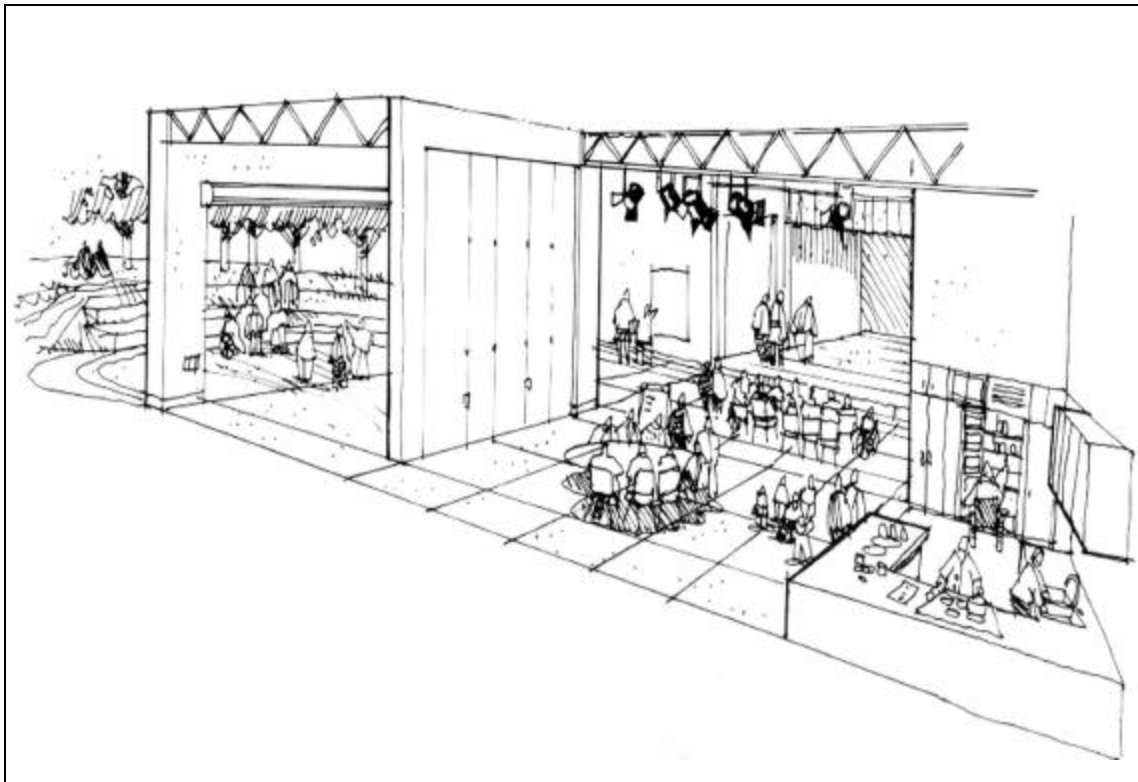
***The multi-purpose rooms will accommodate 300 participants.***

### **Description**

- Two multi-purpose rooms of varying size
- Electronic presentation system
- Raised stage area with ramp
- Mirror and ballet bars for movement classes
- Storage room for tables and chairs and adapted equipment
- Acoustics compatible with Assistive Listening Devices

### **Adjacencies**

- Building lobby and central reception
- Outdoor areas
- Restrooms
- Central kitchen



## ***Classrooms and Activity Areas***

### **Concept**

Classrooms and activity areas will be designed to serve program functions as well as be appropriate for rental use. The design approach will be flexible and adaptable for multi-use spaces. Some classrooms, however, will be dedicated to specific programs and designed accordingly.

### **Function**

Some of the programs that will be located in this portion of the facility include:

- Art program - classrooms serving 25 to 35 students each
- Children's program - room designed for preschool children
- Other recreation programs and neighborhood services
- Rental space

Other related and support areas:

- Library and reading room
- Game area/lounge

***The classrooms and multi-purpose activity area will accommodate 270 visitors, students and instructors.***

### **Description**

- Kitchen for cooking classes with storage
- Art rooms with sinks and storage area
- Tiny tot room
- Library and reading room
- Game room
- Storage area

The multipurpose rooms and central kitchen also will be utilized for meeting and program space.

### **Adjacencies**

- Outdoor areas
- Children's play area
- Restrooms
- Central kitchen



## Computer Center

### Concept

The computer center will be the technology hub of the Recreation and Wellness Center. The computer center will support multiple types and levels of computer users:

- Formal educational training sessions
- Personal and informal use
- Adapted computer technology training
- New business start-up and cottage industries internet support
- Professional "income producing" customers
- Adaptive equipment demonstration

### Function

The lab area will be set up to accommodate individual use, small training sessions and large work groups. Adjustable computer furniture and ergonomic seating will be used. The center also will accommodate multi-media and assistive technology training.

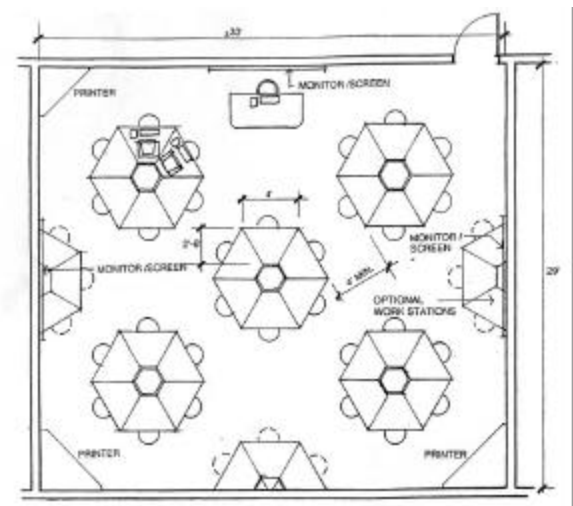
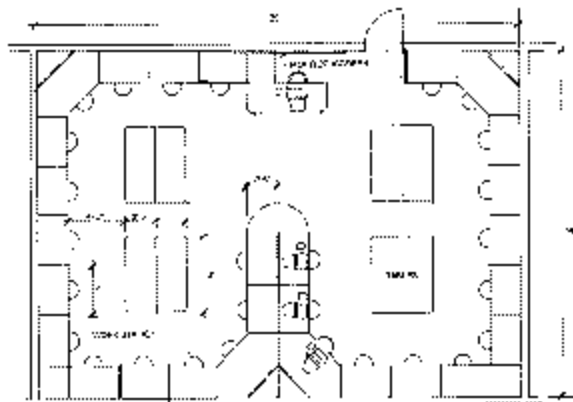
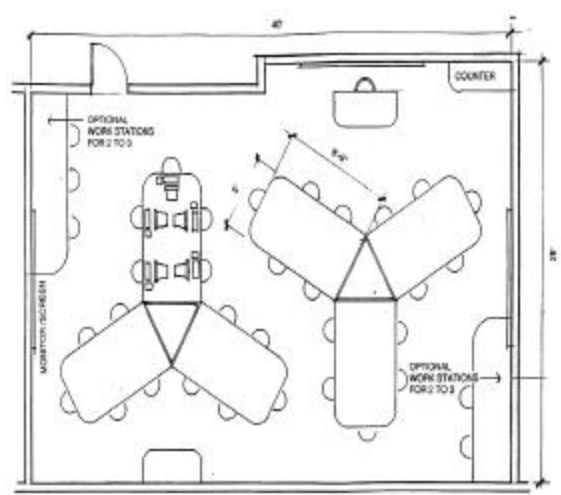
***The meeting space will house 20 computer workstations.***

### Description

- Computer lab area
- Multi-media projection system and screen
- Work and storage area
- Server room

### Adjacencies

- Office area



## ***Mental Health Area and Counseling Rooms***

### **Concept**

The mental health area is a separate space designed with a residential perspective towards comfort. The counseling rooms will be set up to promote a safe and comfortable environment.

This area will provide space for:

- Mental health staff
- Counseling
- Therapy

### **Function**

The meeting spaces will accommodate multiple uses:

- Counseling rooms
- Art therapy rooms
- Rental space

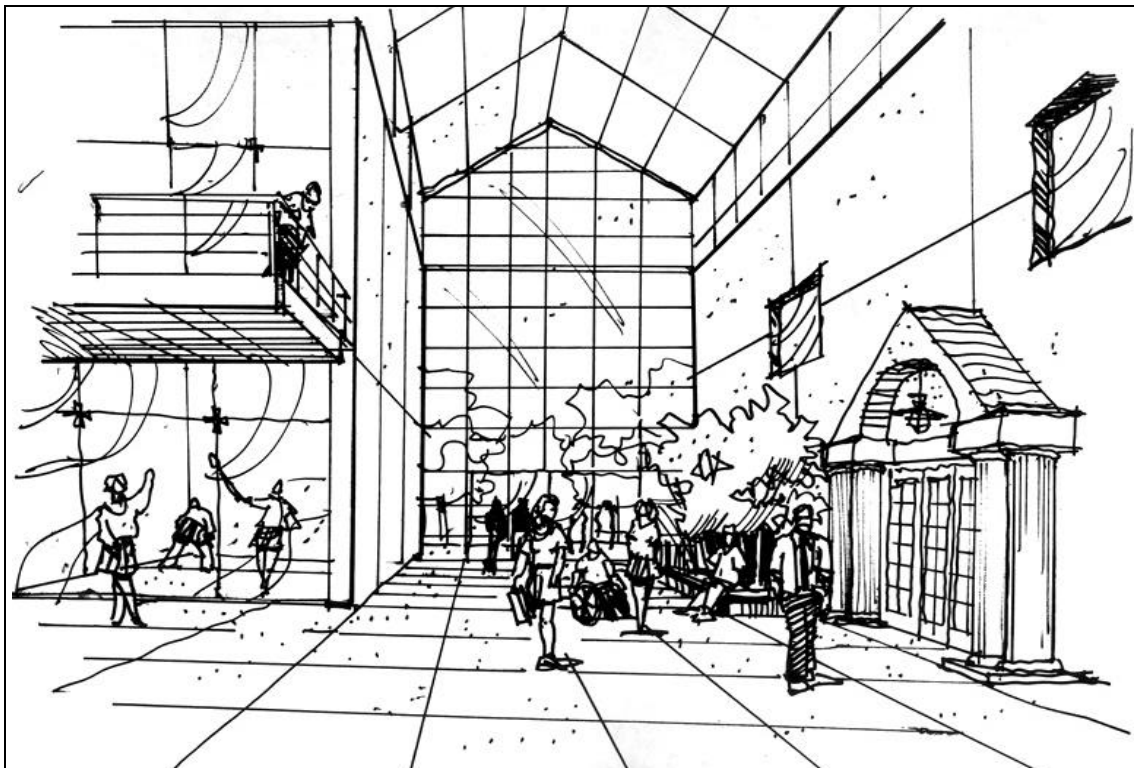
***The mental health area and counseling rooms will accommodate 10 to 12 people.***

### **Description**

- Two offices
- Three adjacent meeting rooms
- Storage room
- Kitchenette
- Copy area

### **Adjacencies**

- Reception
- Meeting rooms



## ***Locker Rooms***

### **Concept**

The men's, women's and family locker rooms at the sports center will be centrally located to provide access to the gym, pools and sports center auxiliary areas.

### **Function**

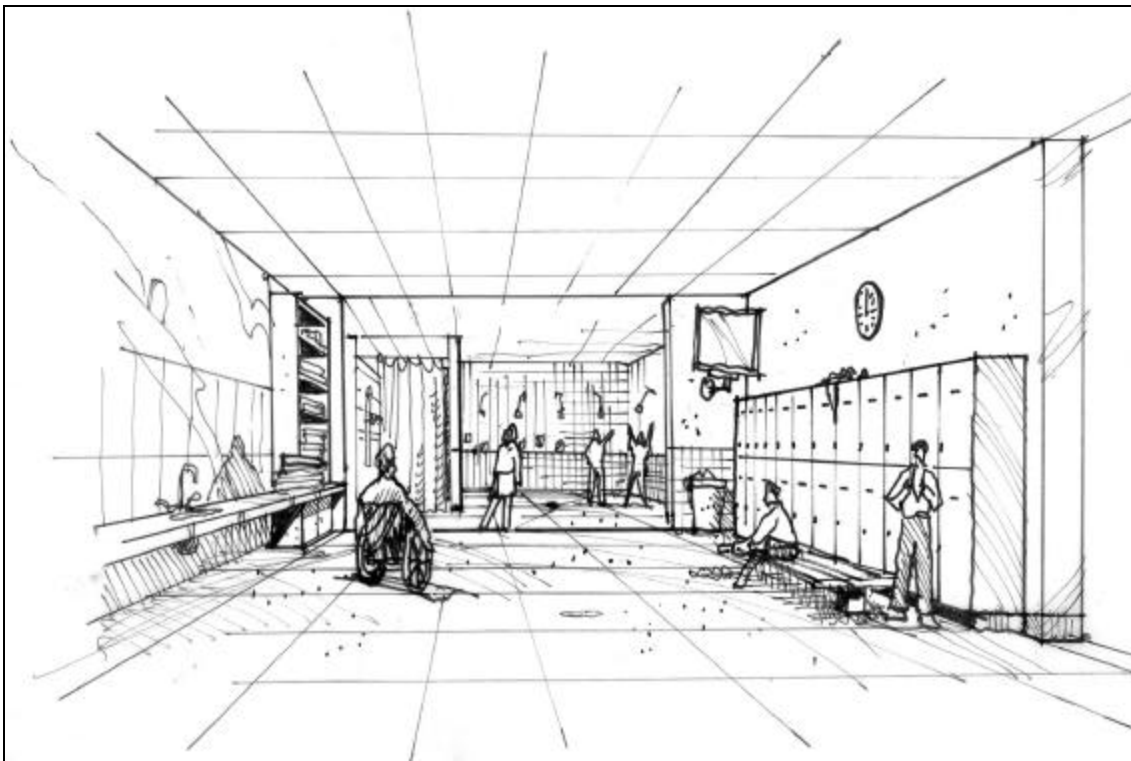
All locker rooms will be fully accessible to individuals of all abilities. Toilets and changing benches will be installed at varying heights. Lockers will be easy to use and require minimum strength to operate. Group and private showers will have electronic control systems. Floors will be slip- and bacteria-resistant.

Washers and dryers will be installed to provide contract towel services to the gym users.

***All the locker rooms will accommodate 50 people per hour.***

### **Adjacencies**

- Gymnasium
- Pools
- Auxiliary area



## ***Building Lobby and Central Reception Concept***

The central reception area sets the tone for the visitor experience as community members enter this state-of-the-art facility. The reception personnel greet users and provide information at this official entry point. Additional information and facility schedules will be accessed through:

- Information kiosks
- Computerized bulletin boards
- Interactive technology stations

The lobby design will incorporate tactile and multi-sensory artwork and will be enhanced through the use of natural light. Guests will circulate easily within the space or wait comfortably for their appointment or meeting time to arrive. This area encourages people with and without disabilities to connect as one community of people.

### **Function**

As the central entry point, the lobby provides access to clearly articulated paths of travel that lead to programs and activities, including:

- Building corridors
- Ramps
- Elevators

Security access points are provided to allow controlled access to accommodate the facility's diverse program schedule. Doors will be controlled electronically

when appropriate. The gymnasium requires its own point of entry, and members may directly access this area using their electronic membership card.

### **Description**

- Central reception desk (2 staff members)
- Reception storage area
- Open circulation and gathering area
- Lounge seating
- Table seating
- Information kiosks
- Art display areas
- General storage

### ***Accommodates 20 people disbursed in the areas noted below:***

- Point of entry (6 visitors)
- Information desk (4 visitors)
- General circulation (15 visitors)
- Lounge seating (10 visitors)
- Table seating (8 visitors)
- Art viewing and circulation area (4 visitors)

### **Adjacencies**

- Parking and drop off zone
- Exterior seating
- Meeting rooms
- Restrooms
- Main circulation system



## **Central Kitchen**

### **Concept**

The central kitchen will be a fully equipped, commercial scale facility. It also will host a meals program. Designed for ease of maintenance and high use, the kitchen will be an active center of this facility.

### **Function**

Consistent with the overall objectives of the facility, the kitchen will be fully accessible for individuals with disabilities.

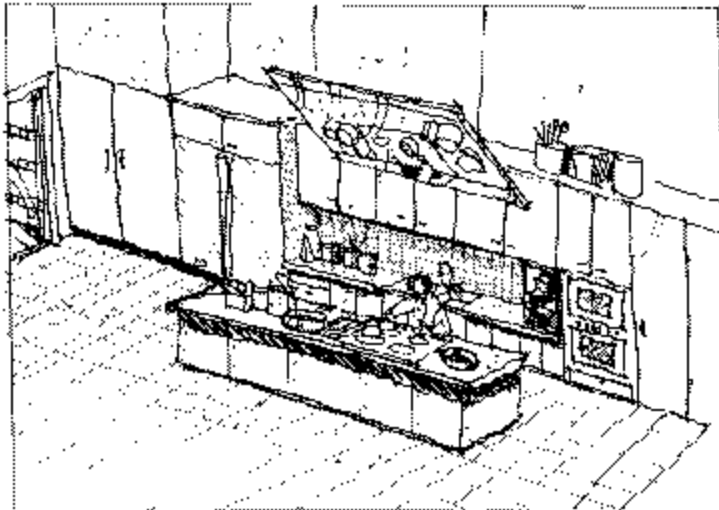
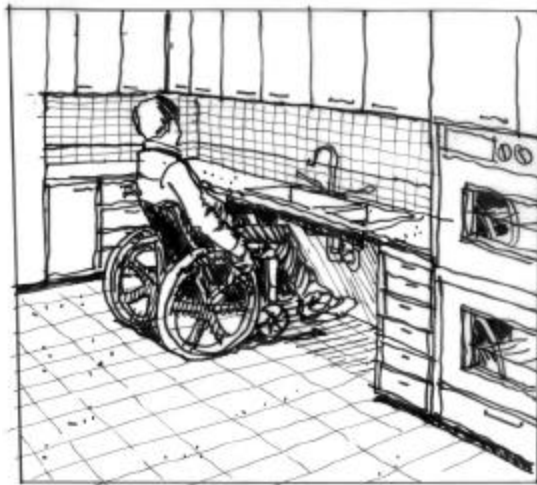
***The central kitchen will host approximately 10 people.***

### **Description**

- Commercial equipment: two dishwashers, three sinks, two refrigerators, etc.
- Work and storage area

### **Adjacencies**

- Meeting rooms
- Classrooms



## **Office Space**

### **Concept**

The office space will be designed to provide staff with an effective and efficient workspace. The area will be located close to the building lobby and reception, connecting it visually and physically for ease of access.

The layout of the area will encourage interaction of the staff while providing quiet work zones.

### **Function**

There will be a variety of work and meeting spaces within the office area:

- Shared workstations
- Private offices
- Facility manager's office
- Guest workstations with computer connections
- Common spaces
- Meeting rooms
- Staff break room with kitchenette

***The office space will accommodate 10 staff***

### **Description**

- Private offices
- Group work area which houses 5 workstations
- Meeting rooms
- Staff lounge and kitchenette
- Computer server/utility room
- Copy area and work room
- Storage
- Restrooms

## **Adjacencies**

- Building lobby and central reception
- Building meeting rooms

## **FACILITY GUIDELINES**

Designing a facility that accommodates people with a wide range of abilities requires additional design sensitivities. To successfully serve all visitors, this section presents recommended facility guidelines.

### **Way-Finding Systems**

Way-finding systems are detailed approaches to successfully direct people throughout spaces. This is particularly important in buildings, such as the Recreation and Wellness Center, which must accommodate a broad range of users.

A strong way-finding system is integrated into the facility's technology and communication system. The following functions should be developed in conjunction with the facility design:

- Information that can be "read" by touch, sound, and sight
- Pictograms and words
- Materials that do not promote glare
- Clear and legible information
- The use of art to identify location
- An integrated security system

### **Security**

Appropriate levels of safety and security is essential to the Recreation and Wellness Center. Designing for a safe facility should consider the:

- Location and look of the facility
- Activities in and around the facility
- Population who uses the facility
- Level of facility use during both day and night

Security includes procedures for controlling and maintaining facility safety. It also includes the security devices and building equipment that keep the occupants safe, such as alarm systems, sprinklers, locks, surveillance equipment, and communications systems. Secure, well-lit parking was noted as a concern during the community involvement process.

When addressing safety and security, consideration should be given to:

- Providing clear sight lines for supervision and adequate lighting for indoor and outdoor spaces
- Locating high activity areas away from more tranquil settings
- Identifying the needs and perceptions of each user group
- Providing an entry area that is friendly, yet controlled and monitored with visible security
- Establishing an after-hours security access system
- Providing an alarm system that is multi-sensory and usable by individuals with all types of disabilities
- Using the accessible route of travel throughout the building as the designated means of emergency egress
- Designing the facility's way-finding and lighting system as part of an emergency egress route
- Requiring all exit routes above ground level to lead to an area of safe refuge for people with mobility limitations
- Considering emergency plans during early stages of design development to integrate the necessary security technology into the building design.

## **Circulation**

The circulation system is envisioned as the centerpiece for the Recreation and Wellness Center. It will move people of all abilities efficiently throughout the building. Places for gathering, communicating, and showcase displays will be provided adjacent to the circulation pathways.

The circulation system of this facility can be one of the "highlighted signature" elements. These functional and innovative pathways will allow maximum accessibility and will be distinguished by artistic, sculptural design. The circulation system will:

- Provide a clear, visible route through the building
- Include elevators and ramps that move people between changes in elevation
- Provide accessible emergency egress that does not rely on stairs from all parts of the building
- Integrate the wayfinding system into the building's environment and technology systems
- Incorporate handrails that also are communication devices, allowing a person who reads Braille to navigate throughout the building by "reading" the handrails

## **Parking**

Parking for the facility must meet zoning, occupancy and access requirements. To provide safer visitor access, the following guidelines are recommended:

- Designate twenty-five percent of the parking as "disabled" parking spaces
- Provide a covered path of travel

from the parking area to the building

- Provide a secure, covered drop-off and waiting area at the building entry

## **Restrooms**

Because of the wide range of building users, existing restroom codes and access requirements will not be adequate. The following guidelines should be considered:

- Provide separate restrooms for public and staff
- Design a variety of restroom types, such as unisex and family restrooms
- Include a variety of toilet configurations
- Provide accessible toilets in all restroom stalls

## **Work Space and Furnishings**

Access to well-designed work places, seating, and work surfaces is important to all people, regardless of whether the intended use is short-term, infrequent, or long term. Recommendations include:

- Flexible workstations and seating that can be easily adjusted to the individual user
- Non-glare work surfaces, walls, and floors
- Multiple light sources with supplemental task lighting at each workstation
- Lighting and ventilation controls by area
- Electrical and telecommunications outlets at a variety of heights for easy reach
- Work area design which allows for easy navigation and orientation
- Use of color and other distinguishing features for orientation

- Use of color and other distinguishing features for orientation
- Avoid identical workstations in similar configurations
- Sturdy outdoor and public furniture with backs and arms
- Ample space for maneuverability around all furniture
- Good drainage on ground surfaces

### **Lighting and Ventilation**

The following heating, ventilating and lighting recommendations assist in providing flexible control and comfort:

- Provide zone controls for the HVAC system throughout the facility and create as many zones as is affordable
- Install operable windows with individual shades
- Consider individual heaters or small fans at workstations and reception desks
- Allow maximum control of the lights in each area
- Avoid having one switch control all lights
- Install non-glare lights, utilizing ambient (uplighting) where possible
- Provide individual task lights at workstations
- Avoid florescent lighting

### **Building Maintenance**

The facility maintenance affects the overall "health" of the building environment as well as operational costs. The goal is to design a facility that is environmentally sustainable, easy to maintain, and is free of toxins.

To achieve this, recommendations include:

- Select materials, furniture, carpeting, and window coverings that are made of natural materials and are durable
- Avoid the use of chemically treated items, such as furniture, carpeting, and window coverings
- Where floor covering is necessary, install durable, low pile carpeting that does not impede wheelchair circulation
- Select carpeting that is a dark color with a pattern, which does not show wear and is easy to clean
- Use "natural" cleaning products that are biodegradable and free of chemicals and perfumes
- Use gray water to irrigate garden and plant areas inside and outside the building
- Install "low-flow" toilets and showers
- Maximize the reuse and recycling of all materials
- Provide an adequate number of trash receptacles in areas that are convenient for users
- Promote a culture of environment sensitivity within the facility with signage and informational flyers
- Install lighting, heating, and cooling systems that are technologically advanced and energy efficient
- Consider maintenance issues early in the design process to ensure that the design will support sustainable maintenance practices